

CNRMA

COMMANDER NAVY REGION MID-ATLANTIC



Serving the
**Mid-Atlantic Region
Navy Community**

Safety Office

Naval Amphibious Base
Little Creek



SAFETY ADVISOR April 2006

The Navy Region, Mid-Atlantic Public Safety, Little Creek Safety Office publishes the Safety Advisor and widest dissemination within your organization is encouraged. Please post on official bulletin boards and route to your staff.

Joggers & Bicyclists Safety Requirements

In January 2006 the following message was reissued concerning Jogger and Bicycle Safety Requirements. Please review and remind personnel to make sure they can be seen when conducting PT during early morning and evening hours. The base has under gone several changes in traffic patterns with the opening of the new gate 3 and the changes in the traffic patterns on Amphibious Drive around Helicopter Road and in the vicinity of Boone Clinic. It's great to be healthy and physically fit; but if you are not visible to motorist, you may find yourself working out in rehab or physical therapy.



The following guidance for joggers and bicyclists was promulgated by NAVPHIBASE LITTLE CREEK VA MSG 121922Z JAN 06 SUBJ: RUNNING, JOGGING, AND BICYCLE RIDING ONBOARD NAVPHIBASE LITTLE CREEK. (REF/C/RMG/COMNAVREGMIDLANT/131314ZJAN2005//)

Joggers, fitness walkers and bicyclists are required to wear high visibility belts or reflective vests on all Navy Region, Mid-Atlantic Installation during times of darkness or reduced visibility. For the purpose of this message darkness is defined as the period of time from sunset to sunrise.

Two-inch hi-visibility reflective belts are available for purchase at Navy Exchanges and local retailers throughout the region. Additionally, reflective belts are available for checkout at all MWR Fitness Facilities. Fleet units and tenant commands who routinely engage in physical training (PT) during early morning hours or other times of reduced visibility are encouraged to purchase hi-visibility belts or reflective vests for community use.

Hi-visibility belts or reflective vests are not required for organized sports on established playing fields or on Sulinski Field track. While not required on excluded fields outlined above, belts or vest must be worn while on all other jogging surfaces, to include designated jogging trails, because of proximity to roadways and transit to and from designated trails. Belts or vests must be worn outside of any garments and remain visible at all times during hours of darkness or reduced visibility.

"The Deficiency Corner"

Could this be your worksite???

If you have this problem... let's do something about it!!



Problem: Gas can nozzle broken off & duct-taped to hold in place

Violation: 29CFR1910.106(a)

Solution: Replace nozzle with new part or dispose of can



Problem: Improper use/securing of ladder to reach loft storage (ladder is secured to rack with packing tape and wire ties)

Violation: ANSI A14.3-1992

Solution: Remove the tape/wire ties and use ladder properly until a permanent ladder can be welded into place

...It Happens In April...

- Spring Forward, Fall Back! Daylight Saving Time begins at 0200 on Sunday, April 2nd and reverts to standard time at 0200 on Sunday, October 29th
 - As a safety reminder, the fire departments encourage everyone to change the batteries in their smoke detectors and carbon monoxide detectors. Changing the batteries when you change the clocks is a convenient reminder. It increases the likelihood that you will have good working detectors in your home. *A working smoke detector more than doubles a person's chances of surviving a home fire.*



This is "Alcohol Awareness" month; visit www.ncadd.org for more information including the Alcohol-Free Weekend, which takes place the first weekend in April (7 - 9 April 2006). The Alcohol Free Weekend is designed to raise public awareness about the use of alcohol and how it may affect individuals, families, and businesses. (Information courtesy of the National Council on Alcoholism and Drug Dependence (NCADD))

- Cancer Control Month
- April 3rd – 9th is National Public Health Week
- April 7th is World Health Day

Safety Funnies

An explosion occurs in the paint mixing room and once all the mess has been cleared up the mishap investigation begins...

One of the few surviving witnesses is called to make a statement. "Okay Simpson," says the investigator, "you were near the scene - what happened?" Well it's like this. Ol' Charlie was in the mixing room, the break bell went off and ol' Charlie sat on top of the drum of acetone, pulled a cigarette out of his pocket and started to light up." "He struck a match in the mixing room?" the investigator asked in a stunned horror, "How long has Charlie been working in the mixing room?" "About 20 years, sir!" "After 20 years he goes and strikes a match in the mixing room, I'd have thought it would be the last thing he'd do." "It was, sir!"



Drinking & Driving...worth the cost?



It's been a great get together with friends and now you're ready to head home. You've spent the last several hours drinking and eating; should you be driving? Let's take a look at what your blood alcohol content might be and the consequences of getting behind the wheel:

Number of drinks and BAC in one hour of drinking – 1 drink = .54 ounces of alcohol (Excerpted from MADD)

Male(s) – 170 lbs

2 drinks = BAC between .02 & .03
3 drinks = BAC between .04 & .05
4 drinks = BAC between .06 & .07
5 drinks = BAC between .09 & .10

Female(s) – 137 lbs

2 drinks = BAC between .04 & .05
3 drinks = BAC between .07 & .08

How much have you had to drink over the last few hours? You think to yourself “but I’ve had pizza and some other snacks in between drinks” that should help to clear the alcohol out. Wrong! The only thing that will clear out the alcohol is time and your liver. The liver's ability to metabolize alcohol is determined by how much you have had to drink and over what period of time. The liver processes alcohol at the average rate of one drink per hour. While all the food might slow down the absorption of alcohol, and coffee, showers and fresh air might make you feel better and a little more in control, they won't change the amount of alcohol in your blood. Think about any medications, prescribed and over-the-counter, that you are taking, what are their effects? Are they compounded when mixed with alcohol?

A charge of DUI can be costly. In Virginia, if you have a BAC of .08 or above you can be charged with DUI. DUI is a class 1 misdemeanor and a first time offense is punishable by up to one year in jail and/or up to \$2500 in fines. Your license will be suspended immediately for a minimum of seven days. This is separate from the one-year license revocation. If you are convicted of a first offense DUI you may be eligible for a restricted drivers license, but the court is not obligated to provide one. If you do receive a restricted license, you will probably only be allowed to drive to and from your Alcohol Safety Program, work, school or for medical treatment. Your base driving privileges will also be suspended.

By operating a vehicle on Virginia's public roads you automatically agree to take a chemical test upon request. You are required to take the test. If you refuse your license will be suspended for seven days immediately and may be suspended for one year, whether or not you are convicted of driving under the influence.

Your vehicle will be impounded immediately for 30 days if you are caught driving after your license has been suspended for an alcohol-related offense.

Your insurance rates will rise considerably from any DUI conviction or guilty plea. You may even lose your current insurance policy and be forced to pay high rates from another company for less coverage.

Remember, Driving under the influence, doesn't apply to alcohol alone. Numerous medications sold over the counter for sinus, headaches, coughs, colds and prescribed medications can have an effect on your ability to react. Recent articles have highlighted cases where people taking the popular sleep-aid Ambien have gotten behind the wheel and gone shopping, etc. and have no recollection of ever having left their homes. Be sure you read the drug information before taking a new or different medication and operating a vehicle.

(Sources: www.madd.org, www.dui.com, www.ncadd.com, www.abc.state.va.us)



Random Thoughts...

No matter how much Jell-O you put in a swimming pool you still can't walk on water....

Motorcycle Operator Checklist

Spring has sprung and you are ready to pull out the bike. Nothing to do but wash the dust off, polish the chrome and get in the wind...right? WRONG! Here a few tips from the Naval Safety Center's web site to make sure you and your bike are ready for a safe ride.

- ✓ Do you have the proper endorsement on your license to operate a motorcycle?
- ✓ Are your motorcycle registration, state inspection, insurance and base decals current?
- ✓ Do you have and use the REQUIRED personal protective equipment:
 - DOT or SNELL approved helmet
 - Long pants
 - Long-sleeved shirt (minimum Requirement)
 - Jacket designed for the motorcycle rider (preferred)
 - Full finger leather gloves
 - Hard soled shoes/boots with heels and ankle protection
 - Protective eyewear

If your bike has been stored for an extended period of time, prepare for operation using the procedure provided in your owner's manual. Before each ride, remember the pre-ride check: lights/horn, tires/wheels, fuel/oil, cables, and suspension. Remember that tire pressure is a critical part of suspension. Inflate to manufacturer's recommendation. Remember that it's been several months since you've ridden your motorcycle. Regardless of your experience, it will be necessary to re-sharpen your physical and mental skills.



Be Cautious!

Start off slowly and practice your riding skills. Use an empty parking lot before taking to the streets. Get considerable solo experience before taking on a passenger. Have your passenger wear all the protective equipment and the same clothing designed for motorcycling. Don't forget their safety briefing. Again, it's a good idea for both of you to get comfortable in a parking lot before street riding. Practice in a parking lot with your passenger until you are comfortable with the critical accident avoidance skills of braking, cornering, and swerving. Don't forget that you are responsible for their well-being. Above all, remember that alcohol in any amount, excessive speed, and lack of training/experience are each singularly deadly when applied to motorcycling. Combined, they are a surefire method of becoming a traffic statistic.

Safety Focus

The Safety Center's April Calendar provides resources on Fall Protection while on duty, what about "Fall Protection" off-duty. Slips and falls are the leading cause of deaths in and around the home.

Nearly 6,000 people die annually as a result of falls and many more are seriously injured or disabled.



Do you inspect your home and property for fall hazards? Check your home for hazards that could cause family members to trip or fall. Check your furniture placement and materials sitting around in hallways or stairs. Check your stairways for uneven treads, loose carpeting or loose boards. Is the handrail in good condition and fastened securely. Check porches, decks and sidewalks for uneven walkways or loose boards. Do you have a stepladder or stool? Avoid using stacked furniture or boxes for reaching higher shelves.

What about the ladders stored in your garage? Have you inspected them for signs of wear? Check for damaged rungs, steps, hinges or braces. Are the "safety feet" or stabilizers properly attached? Are you using the proper ladder for the job? Most ladders have a weight rating attached, check yours and see if it's rated to hold you and whatever you might be carrying up the ladder. How high is your ladder? Make sure you use the proper length ladder for the job to avoid overreaching or standing on the uppermost rung or top of the ladder. Make sure ladders are set up on solid surfaces and are level. Do not lean ladders against an unstable surface and open stepladders fully. When using a straight ladder, the base should be one foot away from the vertical surface for every 4 feet of height (to the point when the top of the ladder will rest). If you will be climbing onto a roof or platform the ladder should extend at least three feet above the edge. Wear sturdy footwear and make sure footwear is not slippery. Consider putting non-skid on the rungs of an aluminum ladder and always face the ladder when climbing. Think safety and you'll avoid a nasty slip, trip or fall.

Scheduled Safety Training

The following Training Classes are scheduled:

- Motorcycle Safety – Basic Rider Course (BRC)

- o 10-11 April 2006 **(New class just added...)**
- o 17-18 April 2006
- o 08-09 May 2006
- o 12-13 June 2006
- o 17-18 July 2006
- o 14-15 August 2006
- o 11-12 September 2006
- o 02-03 October 2006
- o 13-14 November 2006
- o 11-12 December 2006

- For Registration form & procedures, visit our website at

<http://www.nablc.navy.mil/safety/motorcycletrainingcourse.htm>

- o Classes are generally conducted at 0730 at Bldg 3535 Base Chapel. Participants are to meet in the parking lot at the corner of 5th St. and D St (Lot is located between the Base Chapel and the NEX Furniture Store).
- o Questions can be directed to 462-2199 or 462-2197



- AAA Driver Improvement Program (DIP):

- o 12 April 2006 **(New class just added...)**
- o 26 April 2006
- o 31 May 2006
- o 28 June 2006
- o 26 July 2006
- o 30 August 2006
- o 27 September 2006
- o 25 October 2006
- o 29 November 2006
- o 13 December 2006

NEW COURSE ADDED
Driver Awareness Safety
Training (4 hrs)-
 see our website at
www.nablc.navy.mil/safety for
 details (satisfies the military
 under age 26 requirement)

- Classes are generally conducted at 0730 on the last Wednesday at Bldg 1602, Rm 112 E (Location changes will be announced next to dates above) of each month or as requested.

- o To register call 462-2199 or 462-2197 or visit our web site at:

- Per OPNAVINST 5100.12G Navy Traffic Safety Program <http://www.nablc.navy.mil/safety/dip.htm> Instruction requires DIP classes for:

- o All Navy military and DON civilian personnel operating government motor vehicles (GMV). Personnel are required to take the DIP Class if they are required to operate a GMV by job description, PD, a requirement of the specific job, etc. It does not include personnel who operate GMVs such as the CO/XO, person using a GMV to go on travel, etc.
- o All Navy military and DON civilian personnel involved in a crash while driving a GMV (whether on or off government property)
- o All Navy military personnel who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.) while driving a private motor vehicle (PMV) or GMV (whether on or off government property)
- o All DON civilian personnel in a duty status who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.), while driving a PMV or GMV (whether on or off government property)
 - (Note- Serious violations are similar to those considered "6-point violations" by the Virginia Department of Motor Vehicles).
- o Offenders, military or civilian, shall successfully complete the American Automobile Association's Driver Improvement Program (AAA DIP) conducted by a COMNAVSAFECEN-approved instructor or other COMNAVSAFECEN approved training or lose installation driving privileges

Thanks to everyone who contributed to this month's Safety Advisor

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*Pool Filters do
not like Jell-O!*

APRIL

FALL PREVENTION

Fall protection must be provided to Navy, Marine Corps, and contractor personnel when exposed to fall hazards on any elevated walking working surface with unprotected sides, edges, or openings; when working over the side; or when working aloft. Navy and Marine Corps commands are responsible for assigning fall prevention responsibilities, surveying and assessing fall hazards, providing prevention and control measures, training personnel, inspecting equipment, auditing and evaluating, properly installing and using fall protection systems, and ensuring the availability of rescue equipment with accompanying rescue procedures.

RESOURCES

DON Ashore Fall Protection Guide

www.safetycenter.navy.mil/osh/downloads/AshoreFallProtectionGuide.pdf

NAVMC Dir. 5100.1, Marine Corps OSH Program Manual

www.usmc.mil/directiv.nsf/web+orders

OPNAVINST 5100.23 Series, NAVOSH Program Manual

<http://neds.daps.dla.mil/Directives/table21.html>

OPNAVINST 5100.19 Series, NAVOSH Program Manual for Forces Afloat

<http://neds.daps.dla.mil/Directives/table20.html>

SUCCESS STORIES

Guardrails Prevent Falls

www.safetycenter.navy.mil/success/stories/0109.pdf

Eliminating Fall Hazards in Confined Space

www.safetycenter.navy.mil/success/stories/0113.pdf



US Navy photo

Sailor on ship's mast tied off by rear D-ring shock absorbing lanyard connected to designed anchorage point above him. Ladder climbing device with attached snap hook connection can be seen near top of ladder on right.

SAFETY DATES

Alcohol Awareness Month

www.ncadd.org/index.html

Cancer Control Month

www.cancer.org/

2 Check CO and smoke detector batteries

7 World Health Day

www.who.int/en

3-9 National Public Health Week

www.apha.org

18-20 National Occupational Research Agenda Symposium 2006: Research Makes a Difference.
www.cdc.gov/niosh/nora/default.html

30-6 May North American Occupational Safety & Health Week

www.naosh.org/english/